

TATESWIM WINTER TRAINING CALENDAR (June 2010 to August 2010)

Day and date	JUNIOR 3			
	WINKIPOP GROUP	SORRENTO GROUP	WOOLAMAI GROUP	QUEENSCLIFF GROUP
Monday, 31 May 2010	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 1 June 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Wednesday, 2 June 2010	5.30-6.30pm M25		4.50-6.00pm Scopus	
Thursday, 3 June 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Friday, 4 June 2010				
Monday, 7 June 2010	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 8 June 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Wednesday, 9 June 2010	5.30-6.30pm M25		4.50-6.00pm Scopus	
Thursday, 10 June 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Friday, 11 June 2010				
Monday, 14 June 2010	■ No swimming (public holiday)			
Tuesday, 15 June 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Wednesday, 16 June 2010	5.30-6.30pm M25		4.50-6.00pm Scopus	
Thursday, 17 June 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Friday, 18 June 2010				
Monday, 21 June 2010	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 22 June 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Wednesday, 23 June 2010	5.30-6.30pm M25		4.50-6.00pm Scopus	
Thursday, 24 June 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Friday, 25 June 2010				
Monday, 28 June 2010	5.30-6.30pm M25		No training at Scopus during school holidays Swimmers to train with J3 Winkipop or J3 Sorrento	
Tuesday, 29 June 2010		6.00-7.00pm M25		
Wednesday, 30 June 2010	5.30-6.30pm M25			
Thursday, 1 July 2010	BREAK			
Friday, 2 July 2010				
Monday, 5 July 2010				
Tuesday, 6 July 2010				
Wednesday, 7 July 2010				
Thursday, 8 July 2010		6.00-7.00pm M25		
Friday, 9 July 2010				
Monday, 12 July 2010	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 13 July 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Wednesday, 14 July 2010	5.30-6.30pm M25		4.50-6.00pm Scopus	
Thursday, 15 July 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Friday, 16 July 2010				
Monday, 19 July 2010	5.30-6.30pm M25		■ No swimming	
Tuesday, 20 July 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Wednesday, 21 July 2010	5.30-6.30pm M25		4.50-6.00pm Scopus	
Thursday, 22 July 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Friday, 23 July 2010				
Monday, 26 July 2010	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 27 July 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Wednesday, 28 July 2010	5.30-6.30pm M25		4.50-6.00pm Scopus	
Thursday, 29 July 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Friday, 30 July 2010				
Monday, 2 August 2010	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 3 August 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Wednesday, 4 August 2010	5.30-6.30pm M25		4.50-6.00pm Scopus	
Thursday, 5 August 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Friday, 6 August 2010				
Monday, 9 August 2010	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 10 August 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Wednesday, 11 August 2010	5.30-6.30pm M25		4.50-6.00pm Scopus	
Thursday, 12 August 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Friday, 13 August 2010				
Monday, 16 August 2010	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 17 August 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Wednesday, 18 August 2010	5.30-6.30pm M25		4.50-6.00pm Scopus	
Thursday, 19 August 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Friday, 20 August 2010				
Monday, 23 August 2010	5.30-6.30pm M25		4.30-5.30pm Scopus	
Tuesday, 24 August 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Wednesday, 25 August 2010	5.30-6.30pm M25		4.50-6.00pm Scopus	
Thursday, 26 August 2010		6.00-7.00pm M25		4.50-6.00pm Scopus X
Friday, 27 August 2010				

■ = Variations to normal schedule (time, day and/or location)

M25 = MARC 25m indoor pool
M50 = MARC 50m outdoor pool
Scopus = Mount Scopus Pool
HOLT = Harold Holt Pool

CS = Combined squads session (Tateswim combines with Malvern Academy of Swimming)
X = Sessions consisting of outdoor dryland training (please bring runners)
Studio = Dry-land training held in upstairs exercise studios at MARC
Creche = Dry-land training held in Creche at MARC



TATESWIM WINTER TRAINING CALENDAR (June 2010 to August 2010)

Day and date	JUNIOR 2					
	TORQUAY GROUP	POINT LEO GROUP	ANGLESEA GROUP	FAIRHAVEN GROUP		
Monday, 31 May 2010	6.30-7.30pm M25			4.30-5.30pm Scopus		
Tuesday, 1 June 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X			
Wednesday, 2 June 2010	6.30-7.30pm M25			4.50-6.00pm Scopus		
Thursday, 3 June 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X			
Friday, 4 June 2010	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio		
Monday, 7 June 2010	6.30-7.30pm M25			4.30-5.30pm Scopus		
Tuesday, 8 June 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X			
Wednesday, 9 June 2010	6.30-7.30pm M25			4.50-6.00pm Scopus		
Thursday, 10 June 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X			
Friday, 11 June 2010	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio		
Monday, 14 June 2010	■ No swimming (public holiday)					
Tuesday, 15 June 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X			
Wednesday, 16 June 2010	6.30-7.30pm M25			4.50-6.00pm Scopus		
Thursday, 17 June 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X			
Friday, 18 June 2010	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio		
Monday, 21 June 2010	6.30-7.30pm M25			4.30-5.30pm Scopus		
Tuesday, 22 June 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X			
Wednesday, 23 June 2010	6.30-7.30pm M25			4.50-6.00pm Scopus		
Thursday, 24 June 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X			
Friday, 25 June 2010	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio		
Monday, 28 June 2010	6.30-7.30pm M25		No training at Scopus during school holidays Swimmers to train with J2 Torquay or J2 Point Leo			
Tuesday, 29 June 2010		7.00-8.00pm M25				
Wednesday, 30 June 2010	6.30-7.30pm M25					
Thursday, 1 July 2010	BREAK					
Friday, 2 July 2010						
Monday, 5 July 2010						
Tuesday, 6 July 2010	No training at Scopus during school holidays Swimmers to train with J2 Torquay or J2 Point Leo					
Wednesday, 7 July 2010					6.30-7.30pm M25	
Thursday, 8 July 2010						7.00-8.00pm M25
Friday, 9 July 2010	J+ 4.30-6.00pm M25	J+ 4.30-6.00pm M25				
Monday, 12 July 2010	6.30-7.30pm M25			4.30-5.30pm Scopus		
Tuesday, 13 July 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X			
Wednesday, 14 July 2010	6.30-7.30pm M25			4.50-6.00pm Scopus		
Thursday, 15 July 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X			
Friday, 16 July 2010	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio		
Monday, 19 July 2010	6.30-7.30pm M25			■ No swimming		
Tuesday, 20 July 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X			
Wednesday, 21 July 2010	6.30-7.30pm M25			4.50-6.00pm Scopus		
Thursday, 22 July 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X			
Friday, 23 July 2010	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio		
Monday, 26 July 2010	6.30-7.30pm M25			4.30-5.30pm Scopus		
Tuesday, 27 July 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X			
Wednesday, 28 July 2010	6.30-7.30pm M25			4.50-6.00pm Scopus		
Thursday, 29 July 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X			
Friday, 30 July 2010	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio		
Monday, 2 August 2010	6.30-7.30pm M25			4.30-5.30pm Scopus		
Tuesday, 3 August 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X			
Wednesday, 4 August 2010	6.30-7.30pm M25			4.50-6.00pm Scopus		
Thursday, 5 August 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X			
Friday, 6 August 2010	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio		
Monday, 9 August 2010	6.30-7.30pm M25			4.30-5.30pm Scopus		
Tuesday, 10 August 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X			
Wednesday, 11 August 2010	6.30-7.30pm M25			4.50-6.00pm Scopus		
Thursday, 12 August 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X			
Friday, 13 August 2010	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio		
Monday, 16 August 2010	6.30-7.30pm M25			4.30-5.30pm Scopus		
Tuesday, 17 August 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X			
Wednesday, 18 August 2010	6.30-7.30pm M25			4.50-6.00pm Scopus		
Thursday, 19 August 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X			
Friday, 20 August 2010	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio		
Monday, 23 August 2010	6.30-7.30pm M25			4.30-5.30pm Scopus		
Tuesday, 24 August 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X			
Wednesday, 25 August 2010	6.30-7.30pm M25			4.50-6.00pm Scopus		
Thursday, 26 August 2010		7.00-8.00pm M25	4.50-6.00pm Scopus X			
Friday, 27 August 2010	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio	J+ 4.30-6.00pm Studio		

■ = Variations to normal schedule (time, day and/or location)

J+ = Sessions for Junior Plus swimmers only

M25 = MARC 25m indoor pool

CS = Combined squads session (Tateswim combines with Malvern Academy of Swimming)

M50 = MARC 50m outdoor pool

X = Sessions consisting of outdoor dryland training (please bring runners)

Scopus = Mount Scopus Pool

Studio = Dry-land training held in upstairs exercise studios at MARC

HOLT = Harold Holt Pool

Creche = Dry-land training held in Creche at MARC



TATESWIM WINTER TRAINING CALENDAR (June 2010 to August 2010)

Day and date	JUNIOR FITNESS		JUNIOR 1	
	Sessions at MARC	Sessions at Scopus	Sessions at MARC	Sessions @ Scopus
Monday, 31 May 2010	7.30-8.30pm M25		6.30-7.45pm M25	
Tuesday, 1 June 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Wednesday, 2 June 2010	⊕ 7.30-8.30pm M25		6.30-7.45pm M25	
Thursday, 3 June 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Friday, 4 June 2010	J+ 4.30-6.00pm M25/studio		4.30-6.00pm Studio	
Monday, 7 June 2010	7.30-8.30pm M25		6.30-7.45pm M25	
Tuesday, 8 June 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Wednesday, 9 June 2010	⊕ 7.30-8.30pm M25		6.30-7.45pm M25	
Thursday, 10 June 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Friday, 11 June 2010	J+ 4.30-6.00pm M25/studio		4.30-6.00pm Studio	
Monday, 14 June 2010	■ No swimming (public holiday)			
Tuesday, 15 June 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Wednesday, 16 June 2010	⊕ 7.30-8.30pm M25		6.30-7.45pm M25	
Thursday, 17 June 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Friday, 18 June 2010	J+ 4.30-6.00pm M25/studio		4.30-6.00pm Studio	
Monday, 21 June 2010	7.30-8.30pm M25		6.30-7.45pm M25	
Tuesday, 22 June 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Wednesday, 23 June 2010	⊕ 7.30-8.30pm M25		6.30-7.45pm M25	
Thursday, 24 June 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Friday, 25 June 2010	J+ 4.30-6.00pm M25/studio		4.30-6.00pm Studio	
Monday, 28 June 2010	7.30-8.30pm M25	No training at Scopus during school holidays	6.30-7.45pm M25	No training at Scopus during school holidays
Tuesday, 29 June 2010	7.00-8.00pm M25			
Wednesday, 30 June 2010	⊕ 7.30-8.30pm M25		6.30-7.45pm M25	
Thursday, 1 July 2010	BREAK			
Friday, 2 July 2010				
Monday, 5 July 2010				
Tuesday, 6 July 2010				
Wednesday, 7 July 2010				
Thursday, 8 July 2010	7.00-8.00pm M25			
Friday, 9 July 2010	J+ 4.30-6.00pm M25	4.30-6.00pm M25		
Monday, 12 July 2010	7.30-8.30pm M25		6.30-7.45pm M25	
Tuesday, 13 July 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Wednesday, 14 July 2010	⊕ 7.30-8.30pm M25		6.30-7.45pm M25	
Thursday, 15 July 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Friday, 16 July 2010	J+ 4.30-6.00pm M25/studio		4.30-6.00pm Studio	
Monday, 19 July 2010	7.30-8.30pm M25		6.30-7.45pm M25	
Tuesday, 20 July 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Wednesday, 21 July 2010	⊕ 7.30-8.30pm M25		6.30-7.45pm M25	
Thursday, 22 July 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Friday, 23 July 2010	J+ 4.30-6.00pm M25/studio		4.30-6.00pm Studio	
Monday, 26 July 2010	7.30-8.30pm M25		6.30-7.45pm M25	
Tuesday, 27 July 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Wednesday, 28 July 2010	⊕ 7.30-8.30pm M25		6.30-7.45pm M25	
Thursday, 29 July 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Friday, 30 July 2010	J+ 4.30-6.00pm M25/studio		4.30-6.00pm Studio	
Monday, 2 August 2010	7.30-8.30pm M25		6.30-7.45pm M25	
Tuesday, 3 August 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Wednesday, 4 August 2010	⊕ 7.30-8.30pm M25		6.30-7.45pm M25	
Thursday, 5 August 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Friday, 6 August 2010	J+ 4.30-6.00pm M25/studio		4.30-6.00pm Studio	
Monday, 9 August 2010	7.30-8.30pm M25		6.30-7.45pm M25	
Tuesday, 10 August 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Wednesday, 11 August 2010	⊕ 7.30-8.30pm M25		6.30-7.45pm M25	
Thursday, 12 August 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Friday, 13 August 2010	J+ 4.30-6.00pm M25/studio		4.30-6.00pm Studio	
Monday, 16 August 2010	7.30-8.30pm M25		6.30-7.45pm M25	
Tuesday, 17 August 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Wednesday, 18 August 2010	⊕ 7.30-8.30pm M25		6.30-7.45pm M25	
Thursday, 19 August 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Friday, 20 August 2010	J+ 4.30-6.00pm M25/studio		4.30-6.00pm Studio	
Monday, 23 August 2010	7.30-8.30pm M25		6.30-7.45pm M25	
Tuesday, 24 August 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Wednesday, 25 August 2010	⊕ 7.30-8.30pm M25		6.30-7.45pm M25	
Thursday, 26 August 2010	7.00-8.00pm M25	6.00-7.15pm Scopus		4.50-6.00pm Scopus X
Friday, 27 August 2010	J+ 4.30-6.00pm M25/studio		4.30-6.00pm Studio	

■ = Variations to normal schedule (time, day and/or location)

J+ = Sessions for Junior Plus swimmers only

M25 = MARC 25m indoor pool

CS = Combined squads session (Tateswim combines with Malvern Academy of Swimming)

M50 = MARC 50m outdoor pool

X = Sessions consisting of outdoor dryland training (please bring runners)

Scopus = Mount Scopus Pool

Studio = Dry-land training held in upstairs exercise studios at MARC

HOLT = Harold Holt Pool

Creche = Dry-land training held in Creche at MARC



TATESWIM WINTER TRAINING CALENDAR (June 2010 to August 2010)

Day and date	JUNIOR STATE		STATE	
	AM	PM	AM	PM
Monday, 31 May 2010		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 1 June 2010		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 2 June 2010	6.00-7.15am Scopus	⊕ 7.15-8.30pm M25 X	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 3 June 2010		6.00-7.15pm Scopus		⊕ 5.45-7.15pm Scopus X
Friday, 4 June 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 7 June 2010		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 8 June 2010		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 9 June 2010	6.00-7.15am Scopus	⊕ 7.15-8.30pm M25 X	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 10 June 2010		6.00-7.15pm Scopus		⊕ 5.45-7.15pm Scopus X
Friday, 11 June 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 14 June 2010	■ No swimming (public holiday)			
Tuesday, 15 June 2010		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 16 June 2010	6.00-7.15am Scopus	⊕ 7.15-8.30pm M25 X	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 17 June 2010		6.00-7.15pm Scopus		⊕ 5.45-7.15pm Scopus X
Friday, 18 June 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 21 June 2010		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 22 June 2010		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 23 June 2010	6.00-7.15am Scopus	⊕ 7.15-8.30pm M25 X	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 24 June 2010		6.00-7.15pm Scopus		⊕ 5.45-7.15pm Scopus X
Friday, 25 June 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
School holiday schedule commences				
Monday, 28 June 2010		4.30-6.30pm M25/Creche		4.30-6.30pm M25
Tuesday, 29 June 2010		4.30-6.00pm M25		4.30-6.30pm M25
Wednesday, 30 June 2010		4.30-6.30pm M25		4.30-6.30pm M25/Creche
Thursday, 1 July 2010	BREAK			
Friday, 2 July 2010				
Monday, 5 July 2010				
Tuesday, 6 July 2010				
Wednesday, 7 July 2010				
Thursday, 8 July 2010		4.30-6.00pm M25		4.30-6.30pm M25
Friday, 9 July 2010		⊕ 4.30-6.00pm Studio/M50		⊕ 4.30-6.00pm Studio/M50
School holiday schedule concludes				
Monday, 12 July 2010		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 13 July 2010		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 14 July 2010	6.00-7.15am Scopus	⊕ 7.15-8.30pm M25 X	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 15 July 2010		6.00-7.15pm Scopus		⊕ 5.45-7.15pm Scopus X
Friday, 16 July 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 19 July 2010		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 20 July 2010		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 21 July 2010	6.00-7.15am Scopus	⊕ 7.15-8.30pm M25 X	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 22 July 2010		6.00-7.15pm Scopus		⊕ 5.45-7.15pm Scopus X
Friday, 23 July 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 26 July 2010		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 27 July 2010		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 28 July 2010	6.00-7.15am Scopus	⊕ 7.15-8.30pm M25 X	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 29 July 2010		6.00-7.15pm Scopus		⊕ 5.45-7.15pm Scopus X
Friday, 30 July 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 2 August 2010		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 3 August 2010		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 4 August 2010	6.00-7.15am Scopus	⊕ 7.15-8.30pm M25 X	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 5 August 2010		6.00-7.15pm Scopus		⊕ 5.45-7.15pm Scopus X
Friday, 6 August 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 9 August 2010		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 10 August 2010		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 11 August 2010	6.00-7.15am Scopus	⊕ 7.15-8.30pm M25 X	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 12 August 2010		6.00-7.15pm Scopus		⊕ 5.45-7.15pm Scopus X
Friday, 13 August 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 16 August 2010		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 17 August 2010		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 18 August 2010	6.00-7.15am Scopus	⊕ 7.15-8.30pm M25 X	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 19 August 2010		6.00-7.15pm Scopus		⊕ 5.45-7.15pm Scopus X
Friday, 20 August 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 23 August 2010		5.00-6.30pm M50	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 24 August 2010		6.00-7.15pm Scopus		5.45-7.15pm Scopus X
Wednesday, 25 August 2010	6.00-7.15am Scopus	⊕ 7.15-8.30pm M25 X	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 26 August 2010		6.00-7.15pm Scopus		⊕ 5.45-7.15pm Scopus X
Friday, 27 August 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50

■ = Variations to normal schedule (time, day and/or location) ⊕ = Time/pool/session varied to suit season

M25 = MARC 25m indoor pool

CS = Combined squads session (Tateswim combines with Malvern Academy of Swimming)

M50 = MARC 50m outdoor pool

X = Sessions consisting of outdoor dryland training (please bring runners)

Scopus = Mount Scopus Pool

Studio = Dry-land training held in upstairs exercise studios at MARC

HOLT = Harold Holt Pool

Creche = Dry-land training held in Creche at MARC



TATESWIM WINTER TRAINING CALENDAR (June 2010 to August 2010)

Day and date	NATIONAL	
	AM	PM
Monday, 31 May 2010	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 1 June 2010		5.45-7.15pm Scopus X
Wednesday, 2 June 2010	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 3 June 2010		⊕ 5.45-7.15pm Scopus X
Friday, 4 June 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 7 June 2010	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 8 June 2010		5.45-7.15pm Scopus X
Wednesday, 9 June 2010	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 10 June 2010		⊕ 5.45-7.15pm Scopus X
Friday, 11 June 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 14 June 2010	■ No swimming (public holiday)	
Tuesday, 15 June 2010		5.45-7.15pm Scopus X
Wednesday, 16 June 2010	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 17 June 2010		⊕ 5.45-7.15pm Scopus X
Friday, 18 June 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 21 June 2010	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 22 June 2010		5.45-7.15pm Scopus X
Wednesday, 23 June 2010	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 24 June 2010		⊕ 5.45-7.15pm Scopus X
Friday, 25 June 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
School holiday schedule commences		
Monday, 28 June 2010		4.30-6.30pm M25
Tuesday, 29 June 2010		4.30-6.30pm M25
Wednesday, 30 June 2010		4.30-6.30pm M25/creche
Thursday, 1 July 2010	BREAK	
Friday, 2 July 2010		
Monday, 5 July 2010		
Tuesday, 6 July 2010		
Wednesday, 7 July 2010		
Thursday, 8 July 2010	4.30-6.30pm M25	
Friday, 9 July 2010		⊕ 4.30-6.00pm Studio/M50
School holiday schedule concludes		
Monday, 12 July 2010	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 13 July 2010		5.45-7.15pm Scopus X
Wednesday, 14 July 2010	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 15 July 2010		⊕ 5.45-7.15pm Scopus X
Friday, 16 July 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 19 July 2010	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 20 July 2010		5.45-7.15pm Scopus X
Wednesday, 21 July 2010	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 22 July 2010		⊕ 5.45-7.15pm Scopus X
Friday, 23 July 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 26 July 2010	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 27 July 2010		5.45-7.15pm Scopus X
Wednesday, 28 July 2010	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 29 July 2010		⊕ 5.45-7.15pm Scopus X
Friday, 30 July 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 2 August 2010	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 3 August 2010		5.45-7.15pm Scopus X
Wednesday, 4 August 2010	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 5 August 2010		⊕ 5.45-7.15pm Scopus X
Friday, 6 August 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 9 August 2010	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 10 August 2010		5.45-7.15pm Scopus X
Wednesday, 11 August 2010	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 12 August 2010		⊕ 5.45-7.15pm Scopus X
Friday, 13 August 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 16 August 2010	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 17 August 2010		5.45-7.15pm Scopus X
Wednesday, 18 August 2010	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 19 August 2010		⊕ 5.45-7.15pm Scopus X
Friday, 20 August 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50
Monday, 23 August 2010	5.45-7.15am M25	5.00-6.30pm M50
Tuesday, 24 August 2010		5.45-7.15pm Scopus X
Wednesday, 25 August 2010	6.00-7.15am Scopus	⊕ 5.00-6.30pm Studio/M50
Thursday, 26 August 2010		⊕ 5.45-7.15pm Scopus X
Friday, 27 August 2010	5.45-7.15am M25	⊕ 4.30-6.00pm Studio/M50

■ = Variations to normal schedule (time, day and/or location) ⊕ = Time/pool/session varied to suit season

M25 = MARC 25m indoor pool

CS = Combined squads session (Tateswim combines with Malvern Academy of Swimming)

M50 = MARC 50m outdoor pool

X = Sessions consisting of outdoor dryland training (please bring runners)

Scopus = Mount Scopus Pool

Studio = Dry-land training held in upstairs exercise studios at MARC

HOLT = Harold Holt Pool

Creche = Dry-land training held in Creche at MARC



TATESWIM WINTER TRAINING CALENDAR (June 2010 to August 2010)

Day and date	YOUTH FITNESS		SENIOR
	Sessions at MARC	Sessions at Scopus	
Monday, 31 May 2010	⊕ 7.15-8.30pm M25 X		⊕ 7.15-8.30pm M25 X
Tuesday, 1 June 2010	7.00-8.00pm M25	6.00-7.15pm Scopus	
Wednesday, 2 June 2010	⊕ 6.30-7.45pm Creche		⊕ 6.30-7.45pm Creche
Thursday, 3 June 2010	7.00-8.00pm M25	6.00-7.15pm Scopus	
Friday, 4 June 2010	4.30-6.00pm M50/Studio		⊕ 4.30-6.00pm Studio/M50
Monday, 7 June 2010	⊕ 7.15-8.30pm M25 X		⊕ 7.15-8.30pm M25 X
Tuesday, 8 June 2010	7.00-8.00pm M25	6.00-7.15pm Scopus	
Wednesday, 9 June 2010	⊕ 6.30-7.45pm Creche		⊕ 6.30-7.45pm Creche
Thursday, 10 June 2010	7.00-8.00pm M25	6.00-7.15pm Scopus	
Friday, 11 June 2010	4.30-6.00pm M50/Studio		⊕ 4.30-6.00pm Studio/M50
Monday, 14 June 2010	■ No swimming (public holiday)		
Tuesday, 15 June 2010	7.00-8.00pm M25	6.00-7.15pm Scopus	
Wednesday, 16 June 2010	⊕ 6.30-7.45pm Creche		⊕ 6.30-7.45pm Creche
Thursday, 17 June 2010	7.00-8.00pm M25	6.00-7.15pm Scopus	
Friday, 18 June 2010	4.30-6.00pm M50/Studio		⊕ 4.30-6.00pm Studio/M50
Monday, 21 June 2010	⊕ 7.15-8.30pm M25 X		⊕ 7.15-8.30pm M25 X
Tuesday, 22 June 2010	7.00-8.00pm M25	6.00-7.15pm Scopus	
Wednesday, 23 June 2010	⊕ 6.30-7.45pm Creche		⊕ 6.30-7.45pm Creche
Thursday, 24 June 2010	7.00-8.00pm M25	6.00-7.15pm Scopus	
Friday, 25 June 2010	4.30-6.00pm M50/Studio		⊕ 4.30-6.00pm Studio/M50
Monday, 28 June 2010	⊕ 7.15-8.30pm M25	No training at Scopus	⊕ 7.15-8.30pm M25
Tuesday, 29 June 2010	7.00-8.00pm M25		
Wednesday, 30 June 2010	⊕ 6.30-7.45pm Creche		⊕ 6.30-7.45pm Creche
Thursday, 1 July 2010	BREAK		
Friday, 2 July 2010			
Monday, 5 July 2010			
Tuesday, 6 July 2010			
Wednesday, 7 July 2010	⊕ 6.30-7.45pm Creche	No training at Scopus	⊕ 6.30-7.45pm Creche
Thursday, 8 July 2010	7.00-8.00pm M25		
Friday, 9 July 2010	4.30-6.00pm M50/Studio		⊕ 4.30-6.00pm Studio/M50
Monday, 12 July 2010	⊕ 7.15-8.30pm M25 X		⊕ 7.15-8.30pm M25 X
Tuesday, 13 July 2010	7.00-8.00pm M25	6.00-7.15pm Scopus	
Wednesday, 14 July 2010	⊕ 6.30-7.45pm Creche		⊕ 6.30-7.45pm Creche
Thursday, 15 July 2010	7.00-8.00pm M25	6.00-7.15pm Scopus	
Friday, 16 July 2010	4.30-6.00pm M50/Studio		⊕ 4.30-6.00pm Studio/M50
Monday, 19 July 2010	⊕ 7.15-8.30pm M25 X		⊕ 7.15-8.30pm M25 X
Tuesday, 20 July 2010	7.00-8.00pm M25	6.00-7.15pm Scopus	
Wednesday, 21 July 2010	⊕ 6.30-7.45pm Creche		⊕ 6.30-7.45pm Creche
Thursday, 22 July 2010	7.00-8.00pm M25	6.00-7.15pm Scopus	
Friday, 23 July 2010	4.30-6.00pm M50/Studio		⊕ 4.30-6.00pm Studio/M50
Monday, 26 July 2010	⊕ 7.15-8.30pm M25 X		⊕ 7.15-8.30pm M25 X
Tuesday, 27 July 2010	7.00-8.00pm M25	6.00-7.15pm Scopus	
Wednesday, 28 July 2010	⊕ 6.30-7.45pm Creche		⊕ 6.30-7.45pm Creche
Thursday, 29 July 2010	7.00-8.00pm M25	6.00-7.15pm Scopus	
Friday, 30 July 2010	4.30-6.00pm M50/Studio		⊕ 4.30-6.00pm Studio/M50
Monday, 2 August 2010	⊕ 7.15-8.30pm M25 X		⊕ 7.15-8.30pm M25 X
Tuesday, 3 August 2010	7.00-8.00pm M25	6.00-7.15pm Scopus	
Wednesday, 4 August 2010	⊕ 6.30-7.45pm Creche		⊕ 6.30-7.45pm Creche
Thursday, 5 August 2010	7.00-8.00pm M25	6.00-7.15pm Scopus	
Friday, 6 August 2010	4.30-6.00pm M50/Studio		⊕ 4.30-6.00pm Studio/M50
Monday, 9 August 2010	⊕ 7.15-8.30pm M25 X		⊕ 7.15-8.30pm M25 X
Tuesday, 10 August 2010	7.00-8.00pm M25	6.00-7.15pm Scopus	
Wednesday, 11 August 2010	⊕ 6.30-7.45pm Creche		⊕ 6.30-7.45pm Creche
Thursday, 12 August 2010	7.00-8.00pm M25	6.00-7.15pm Scopus	
Friday, 13 August 2010	4.30-6.00pm M50/Studio		⊕ 4.30-6.00pm Studio/M50
Monday, 16 August 2010	⊕ 7.15-8.30pm M25 X		⊕ 7.15-8.30pm M25 X
Tuesday, 17 August 2010	7.00-8.00pm M25	6.00-7.15pm Scopus	
Wednesday, 18 August 2010	⊕ 6.30-7.45pm Creche		⊕ 6.30-7.45pm Creche
Thursday, 19 August 2010	7.00-8.00pm M25	6.00-7.15pm Scopus	
Friday, 20 August 2010	4.30-6.00pm M50/Studio		⊕ 4.30-6.00pm Studio/M50
Monday, 23 August 2010	⊕ 7.15-8.30pm M25 X		⊕ 7.15-8.30pm M25 X
Tuesday, 24 August 2010	7.00-8.00pm M25	6.00-7.15pm Scopus	
Wednesday, 25 August 2010	⊕ 6.30-7.45pm Creche		⊕ 6.30-7.45pm Creche
Thursday, 26 August 2010	7.00-8.00pm M25	6.00-7.15pm Scopus	
Friday, 27 August 2010	4.30-6.00pm M50/Studio		⊕ 4.30-6.00pm Studio/M50

Note: During winter, Senior swimmers may train with State Squad at 5.45-6.30pm on Wednesdays (M50)

■ = Variations to normal schedule (time, day and/or location) ⊕ = Time/pool/session varied to suit season

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M50 = MARC 50m outdoor pool

Scopus = Mount Scopus Pool

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